



City of Lake Forest Senior Scene

www.lakeforestca.gov/seniors/

EXTRA-HELP IS AVAILABLE TO HELP PAY FOR PRESCRIPTIONS

**Medicare beneficiaries with a limited income
may qualify for a program called
Low-Income Subsidy (LIS).**

The LIS program helps pay for the monthly
Medicare Part D drug plan premiums,
yearly deductible, prescription coinsurance,
and copayments with no gaps in coverage.

Depending on yearly income and assets,
partial or full subsidy may be available.

There are many factors that go into determining
level of eligibility, such as Medi-Cal enrollment,
Medicare status, and income and asset levels.
For example, if your income and assets were
below \$28,746 for a single person and
\$46,852 for a couple in 2009, you could receive some
assistance through the Low-Income Subsidy program.

On this program, co-payments for prescription
medication range from \$1.10 to \$2.50 for generic drugs
and \$3.30 and \$6.30 for brand name drugs.

This year, 6 drug plans available
in Orange County accept LIS recipients.

**For more information, or if you think you could be
eligible for the Low-Income Subsidy Medicare Part D
program, call the Office on Aging at 1-800-510-2020.**

Jul / Aug / Sep 10

**Inside
THIS ISSUE**

2-3 Registration /
Mini Excursions

4 Seminars
Crafty Crafters

5 Clubhouse Fun

6-11 Calendars
July
August
September

12-13 Good Stuff
Coming
Your Way!
Movie Days

14 Daily Life in LF

15 LF Reading Circle

16 What's Been
Happening?

**SENIOR SCENE
CLUBHOUSE HOURS**

Monday thru Thursday
10:00 AM – 2:00 PM

HOW TO RESERVE YOUR SEAT FOR MINI EXCURSIONS

Due to limited space, Lake Forest residents will have "priority" to register for the mini excursions. Lake Forest residents may register at City Hall, 25550 Commercentre Drive, Lake Forest in Community Room A, and fill out the liability release form to reserve your seat. If space is available, non-residents may register upstairs the following day. Registrations will not be taken before that date or time but only for the times and dates listed. Thank you in advance for your cooperation. Reservations are not required for seminars.

MINI EXCURSION REGISTRATION

July

Lake Forest Residents:
Wed, July 7, 12 noon

Non-Residents:
Thurs, July 8

August

Lake Forest Residents:
Wed, August 4, 12 noon

Non-Residents:
Thurs, August 5

September

Lake Forest Residents:
**Wed, September 1,
12 noon**

Non-Residents:
Thurs, September 2

JULY MINI EXCURSIONS



Walmart 
Save money. Live better.

Target, Walmart, and Lunch at the Food Court - Foothill Ranch

Tuesday, July 13

10:00 AM-2:00 PM

Fee: Free (lunch is on your own)

Shopping anyone? First stop: Target! Then on to Walmart for some more shopping. After shopping, lunch at the Towne Centre Food Court or bring your own lunch.

San Onofre Nuclear Generating Station Tour - San Clemente

Tuesday, July 20

10:00 AM-2:00 PM

Fee: Free

The docent-led tour (approx. 60-90 minutes) will include an overview of nuclear power and SONGS (San Onofre Nuclear Generating Station), a hands-on radiation demonstration, simulator control room, emergency operations facility, and a view of a scale model of the facilities. Please bring a photo ID when registering for this excursion.



AUGUST MINI EXCURSIONS



**Casa Romantica -
San Clemente**
Wednesday, August 11
10:30 AM-2:00 PM
Fee: \$5.00
(pay at the door)

Casa Romantica is perched on a bluff overlooking the San Clemente Pier. A docent will guide you through one of South Orange

County's historic treasures. Its stunning house, gardens, and cultural center are truly sights to see. Afterwards, enjoy a little shopping on Del Mar street.

**Sawdust Festival -
Laguna Beach**
Tuesday, August 24
10:00 AM-2:00 PM
Fee: \$6.50 (pay at the door)

Enjoy a day at the 44th Annual Sawdust Festival. Experience the creative wonders of nearly 200 Laguna Beach artists in the enchanting outdoor canyon paradise. Take an art class, have lunch (bring or buy), and enjoy live music. You can also watch local artists create original works of art.

SEPTEMBER MINI EXCURSIONS

**O.C. Sheriff's Dept.
Harbor Patrol Tour -
Newport Beach**
Tuesday, September 14
10:00 AM-1:00 PM
Fee: Free

Back by popular demand! Learn the daily routine of patrolling Newport Beach Harbor. Then board a docked harbor patrol boat (sometimes they take us for a cruise around the harbor) to learn more about the boat's functions.

**Old Orange
County Courthouse -
Santa Ana**
**Wednesday,
September 22**
10:00 AM-12:30 PM
Fee: \$2.00 (donation at door)



The Old Orange County Courthouse, dedicated in 1901, has been restored to look as it did at the turn of the last century. A docent will lead you through the Old Courthouse Museum, Orange County Archives, and the library of the Pacific Coast Archaeological Society. Listed on the National Register of Historic places, it is a State of California Historic Landmark.

SEMINARS

Jul/Aug/Sep 2010

4

Senior Scene

July

Medication Management

Thurs, July 15 • 11:15 AM

Many seniors are on daily prescription medications, over-the-counter medications, vitamins, antioxidants, and nutritional supplements. Pharmacist Bill Liu, will give ideas on the safe management of this combination of pills through a discussion on drug allergies, interactions, and side effects.

August

Early Signs of Colon Cancer

Thurs, Aug 19 • 11:15 AM

Did you know that colon cancer develops silently while its presence goes unnoticed? Dr. Parikh (Hoag Hospital/Irvine) will discuss colon cancer symptoms and medical treatment. Becoming aware of colon cancer's early symptoms is the best way to seek medical attention in a timely manner. Don't be lucky...be informed.

September

Down with Falls

Thurs, Sep 23 • 11:15 AM

September 19-26 is Fall Prevention Week! In California alone, over 1.3 million older adults experience an injury due to falling each year. The good news: falls can be prevented. The Office on Aging presents interventions: physical activities that include balance, flexibility, and strength training.

CRAFTY CRAFTERS

Due to the popularity of this program, please reserve your space for the craft classes by calling 461-3408. Crafts may change due to availability of supplies.

WE CARE CARDS

Monday, 10:00 AM
August 2

We need your help to create cards and care messages for our armed forces and Veterans Hospital. It's a great way to send your thanks and greetings in a creative way. With holidays around the corner we need to make 100s of cards to give to our Vets. A scheduled trip to the Veterans Hospital will be announced in the next calendar issue.

You must register downstairs for all craft classes or by calling 461-3408.

CREATIVE GREETING CARDS

Tuesday, July 20 • 11:00 AM

We'll supply cards and all the materials for you to design and decorate to give as a gift or keep for your own.

NECKLACE AND RING

Tuesday, August 17 • 11:00 AM

Talk about being crafty? We'll supply precious gems (just kidding)...but we will provide "bling" for you to design a necklace and ring. We encourage all men to try their hand at this craft.

NOTE PADS

Tuesday, September 21 • 11:00 AM

Create your own personal note pads. Honestly, how many times a day do you use a note pad? This will be a fun craft for all to enjoy.

CLUBHOUSE FUN

Come visit us at the Senior Scene Clubhouse! You'll enjoy a variety of activities including card playing, tile games, monthly game tournaments, seminars, exercise classes, craft classes, and movies. This is a great place to meet new friends! No need to make a

reservation for this great drop-in program. Join us for Bingo and a free hot lunch every Thursday!

The Clubhouse is open Monday through Thursday each week from 10 AM-2 PM.

DISCOVER THE EXCITEMENT!

"WII" BOWLING LEAGUE **Every Monday • 12:30 PM** **Community Room B**

Join the Wii Bowling League every Monday. Come on, try it.

BAGELS & BINGO **10:30 AM** Tue, July 6 Tue, August 3 Tue, September 7

CHAT WITH PAT **11:30 AM-12:30 PM** Wed, July 7 Wed, August 4 Wed, September 1

Meet Pat (Monarch HealthCare) to discuss doctors specializing in senior issues.

BINGO MANIA **11:00 AM** Mon, July 12 Mon, August 9 Mon, September 13

PRESCRIPTION REVIEW **WITH BILL LIU** **10:00 AM-1:00 PM** Mon, August 2

Discuss safe management of your prescribed medications and supplements with Bill Liu (Pharmacist, OC Health Care Agency). Make a list or bring your meds with you. **Call for appt. 461-3408.**

BOCCE BALL GAMES **10:30 AM** Tue, July 13 • Wed, July 21 Tue, Aug 10 • Wed, Aug 18 Tue, Sep 14 • Wed, Sep 8

NAME THAT TUNE **10:30 AM** Mon, July 19 Mon, August 16 Mon, September 20

SCRABBLE GAMES **10:30 AM** Wed, July 21 Wed, August 18 Wed, September 22

RUMMIKUB TOURNAMENT **10:30 AM** Tue, July 27 Tue, August 31 Tue, September 28 Rummikub is similar to Gin Rummy, but is played with tiles! We'll teach you how to play.

SPORTS DAY AT THE CLUBHOUSE Thu, September 16

While still in the throes of baseball and gearing up for football season...catch the spirit and dress in your favorite team's colors or wear your lucky sports jersey.

BIRTHDAY CELEBRATIONS **11:30 AM** Thu, July 29 Thu, August 26 Thu, September 30

MAHJONG MONDAYS **AND WEDNESDAYS** **10:30 AM-2:00 PM** Every Monday and Wednesday

COUPON SWAP Drop off your coupons when the clubhouse is open.

DROP-IN COMPUTER LAB Mon • 10:00 AM-2:00 PM Wed • 10:00 AM-2:00 PM Thu • 10:00 AM-2:00 PM

Don't Miss Out!

EMERITUS CLASS **FALL ENROLLMENT** **THURSDAY, JULY 29** **(ACTIVITIES ROOM)** **11:30 AM-1:00 PM**

A representative from Irvine Valley College will be on site so you can register at the Senior Scene Clubhouse. Two easy steps! Drop-in...fill out the registration form. You're done! How simple and convenient is that? (Computer class schedule still pending.)

LEGEND

CH
City Hall
25550 Commercentre Dr.
949.461.3400

CC
Community Center
25550 Commercentre Dr.
949.461.3450

CC-A
Community Center
Room A

CC-B
Community Center
Room B

CC-AR
Community Center
Activities Room

CC-TR
Community Center
Training Room

CC-L
Community Center
Lounge

ETL
El Toro Library
24672 Raymond Way
949.855.8173

LFBTC
Lake Forest Beach &
Tennis Club
22921 Ridge Route Dr.
949.837.6100

LFGPC
Lake Forest Golf &
Practice Center
23308 Cherry Ave.
949.859.1455

FL
Forest Lanes
22771 Centre Drive
949.770.0055

SDCCC
Santiago de
Compostela
Community Center
21682 Lake Forest Dr.
949.951.8599

S&S Club
Sun & Sail Club
24752 Toledo Way
949.586.0860

IVC
Irvine Valley College
23308 Cherry Ave.
949.451.5555

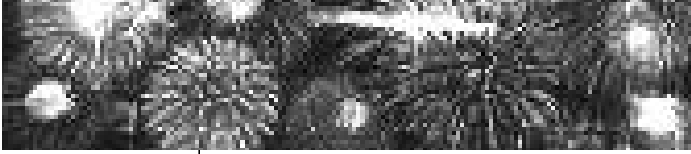
SUN

MON

TUE

JULY



<p>4</p>	<p>5</p> <p>INDEPENDENCE DAY OBSERVED</p> <p>CITY HALL AND SENIOR CLUBHOUSE CLOSED</p> 	<p>6</p> <p>9:00 AM Intro to Personal Computers (CC-TR)</p> <p>10:30 AM Bagels & Bingo (CC-A)</p> <p>10:30 AM Intro to Internet & Email (CC-TR)</p> <p>11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:00 PM Intro to Digital Photo Imagine (CC-TR)</p> <p>12:30 PM Dyna Bands Workout (CC-B)</p> <p>2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>11</p>	<p>12</p> <p>10:00 AM Drop-In Computer Lab (CC-TR)</p> <p>10:30 AM Mahjong (CC-A)</p> <p>11:00 AM Bingo Mania (CC-A)</p> <p>11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM "Wii" Bowling League (CC-B)</p> <p>Cold Box Lunch</p>	<p>13</p> <p>9:00 AM Intro to Personal Computers (CC-TR)</p> <p>10:00 AM HiCap Appointments</p> <p>10:00 AM Mini Excursion – Target, Walmart, Lunch at the Food Court</p> <p>10:30 AM Bocce Ball</p> <p>10:30 AM Intro to Internet & Email (CC-TR)</p> <p>11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:00 PM Intro to Digital Photo Imagine (CC-TR)</p> <p>12:30 PM Dyna Bands Workout (CC-B)</p> <p>2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>18</p>	<p>19</p> <p>10:00 AM Drop-In Computer Lab (CC-TR)</p> <p>10:30 AM Mahjong (CC-A)</p> <p>10:30 AM Name That Tune (CC-A)</p> <p>11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM "Wii" Bowling League (CC-B)</p> <p>Cold Box Lunch</p>	<p>20</p> <p>10:00 AM Mini Excursion – San Onofre Station Tour</p> <p>11:00 AM Crafts – Creative Greeting Cards (CC-AR)</p> <p>11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM Dyna Bands Workout (CC-B)</p> <p>Cold Box Lunch</p>
<p>25</p> <p>5:30 PM Summer Concert Series – Rita Coolidge at Pittsford Park</p>	<p>26</p> <p>10:00 AM Drop-In Computer Lab (CC-TR)</p> <p>10:30 AM Mahjong (CC-A)</p> <p>11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM "Wii" Bowling League (CC-B)</p> <p>Cold Box Lunch</p>	<p>27</p> <p>8:00 AM Excursion – Old Town Trolley Tour</p> <p>10:30 AM Rummikub Tournament (CC-A)</p> <p>11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM Dyna Bands Workout (CC-B)</p> <p>Cold Box Lunch</p>

WED

THU

FRI / SAT

1

9:00 AM Intermediate Needlepoint (SDCCC)
 10:00 AM Drop-In Computer Lab (CC-TR)
 10:30 AM Bingo (CC-A&B)

12:00 PM Lunch (CC-A&B)
 2:00 PM Aquatic Fitness (LFBTC)

Pizza and Salad

FRI

2

SAT

3

**10:00 AM Independence Day
Parade**

7

9:00 AM Tai Chi Ch'uan (CC-B)
 10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Mahjong (CC-A)
11:30 AM Chat with Pat
11:30 AM Cold Box Lunch Program (CC-A)

12:00 PM Mini Excursion Registration (CC-A)
 1:00 PM Yoga with Fleur (CC-B)

Cold Box Lunch

8

9:00 AM Intermediate Needlepoint (SDCCC)
 10:00 AM Drop-In Computer Lab (CC-TR)
 10:30 AM Bingo (CC-A&B)

12:00 PM Lunch (CC-A&B)
 2:00 PM Aquatic Fitness (LFBTC)

Italian Day

FRI

9

**8:30 AM AARP Driver
Safety Course (CC-A)**

1:00 PM Bowling League (FL)

City Hall Closed

SAT

10

**8:30 AM AARP Driver
Safety Course (CC-A)**

14

9:00 AM Tai Chi Ch'uan (CC-B)
 10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Mahjong (CC-A)
**11:00 AM Movie Day – Extraordinary
Measures (CC-L)**
11:30 AM Cold Box Lunch Program (CC-A)

 1:00 PM Yoga with Fleur (CC-B)

Cold Box Lunch

15

9:00 AM Intermediate Needlepoint (SDCCC)
**10:00 AM Book Discussion –
Plain Truth (CC-El Toro Room)**
 10:00 AM Drop-In Computer Lab (CC-TR)
 10:30 AM Bingo (CC-A&B)
**11:15 AM Seminar –Medication
Management (CC-A&B)**
12:00 PM Lunch (CC-A&B)
 2:00 PM Aquatic Fitness (LFBTC)

Mexican Madness

FRI

16

1:00 PM Bowling League (FL)

SAT

17

21

9:00 AM Tai Chi Ch'uan (CC-B)
 10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Mahjong (CC-A)
10:30 AM Scrabble (CC-A)
10:30 AM Bocce Ball
11:30 AM Cold Box Lunch Program (CC-A)

1:00 PM Coke Floats (CC-A)

Cold Box Lunch

22

9:00 AM Intermediate Needlepoint (SDCCC)
 10:00 AM Drop-In Computer Lab (CC-TR)
 10:30 AM Bingo (CC-A&B)

12:00 PM Lunch (CC-A&B)

Chinese Feast

FRI

23

1:00 PM Bowling League (FL)

City Hall Closed

SAT

24

28

9:00 AM Tai Chi Ch'uan (CC-B)
 10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Mahjong (CC-A)
11:00 AM Movie Day – All About Steve (CC-L)
11:30 AM Cold Box Lunch Program (CC-A)

Cold Box Lunch

29

9:00 AM Intermediate Needlepoint (SDCCC)
 10:00 AM Drop-In Computer Lab (CC-TR)
 10:30 AM Bingo (CC-A&B)
11:30 AM Emeritus Class Enrollment (AR)
11:30 AM Birthday Celebration (CC-A&B)

12:00 PM Lunch (CC-A&B)

Hot Dogs and Salad

FRI

30

1:00 PM Bowling League (FL)

SAT

31

Jul/Aug/Sep 2010

7

Senior Scene

LEGEND

CH City Hall 25550 Commercentre Dr. 949.461.3400
CC Community Center 25550 Commercentre Dr. 949.461.3450
CC-A Community Center Room A
CC-B Community Center Room B
CC-AR Community Center Activities Room
CC-TR Community Center Training Room
CC-L Community Center Lounge
ETL El Toro Library 24672 Raymond Way 949.855.8173
LFBTC Lake Forest Beach & Tennis Club 22921 Ridge Route Dr. 949.837.6100
LFGPC Lake Forest Golf & Practice Center 23308 Cherry Ave. 949.859.1455
FL Forest Lanes 22771 Centre Drive 949.770.0055
SDCCC Santiago de Compostela Community Center 21682 Lake Forest Dr. 949.951.8599
S&S Club Sun & Sail Club 24752 Toledo Way 949.586.0860
IVC Irvine Valley College 23308 Cherry Ave. 949.451.5555

SUN	MON	TUE
1	2 10:00 AM Crafts – We Care Cards (CC-AR) 10:00 AM Prescription Overview (CC-AR) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM “Wii” Bowling League (CC-B) Cold Box Lunch	3 10:30 AM Bagels & Bingo (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM Dyna Bands Workout (CC-B) Cold Box Lunch
8	9 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:00 AM Bingo Mania (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM “Wii” Bowling League (CC-B) Cold Box Lunch	10 10:00 AM HiCap Appointments 10:30 AM Bocce Ball 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM Dyna Bands Workout (CC-B) 1:00 PM Ice Cream Sundaes Cold Box Lunch
15 7:00 PM Summer Concert Series – Pacific Symphony at Pittsford Park	16 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 10:30 AM Name That Tune (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM “Wii” Bowling League (CC-B) Cold Box Lunch	17 11:00 AM Crafts – Necklace and Ring (CC-AR) 11:30 AM Cold Box Lunch Program (CC-A) Cold Box Lunch
22	23 8:15 AM Excursion –Harrah’s 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM “Wii” Bowling League (CC-B) 1:00 PM Advanced Creative Writing (ELT) Cold Box Lunch	24 10:00 AM Mini Excursion – Sawdust Festival 11:30 AM Cold Box Lunch Program (CC-A) Cold Box Lunch
29	30 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM “Wii” Bowling League (CC-B) 1:00 PM Advanced Creative Writing (ETL) Cold Box Lunch	31 10:30 AM Rummikub Tournament (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) Cold Box Lunch

WED	THU	FRI / SAT
<p>4</p> <p>9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:30 AM Chat with Pat 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:00 PM Mini Excursion Registration (CC-A)</p> <p>Cold Box Lunch</p>	<p>5</p> <p>9:00 AM Creative Needlepoint/Needle Art (SDCCC) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 PM Bingo (CC-A&B)</p> <p>12:00 PM Lunch (CC-A&B)</p> <p>Baked Potato Bar</p>	<p>FRI 6</p> <p>1:00 PM Bowling League (FL)</p> <p>4:00 PM Happy Trails Western BBQ Dinner Dance (reservations required)</p> <p>City Hall Closed</p> <hr/> <p>SAT 7</p>
<p>11</p> <p>9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mini Excursion – Casa Romantica 10:30 AM Mahjong (CC-A) 11:00 AM Movie Day – Did You Hear About The Morgans? (CC-L) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>Cold Box Lunch</p>	<p>12</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B)</p> <p>12:00 PM Lunch (CC-A&B)</p> <p>Chicken Teriyaki</p>	<p>FRI 13</p> <p>1:00 PM Bowling League (FL)</p> <hr/> <p>SAT 14</p>
<p>18</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bocce Ball 10:30 AM Mahjong (CC-A) 10:30 AM Scrabble (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>Cold Box Lunch</p>	<p>19</p> <p>10:00 AM Book Discussion – The Help (CC-EI Toro Room) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:15 AM Seminar – Early Signs of Colon Cancer (CC-A&B)</p> <p>12:00 PM Lunch (CC-A&B)</p> <p>Chinese Feast</p>	<p>FRI 20</p> <p>1:00 PM Bowling League (FL)</p> <p>City Hall Closed</p> <hr/> <p>SAT 21</p>
<p>25</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A)</p> <p>11:00 AM Movie Day – It's Complicated (CC-L) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>Cold Box Lunch</p>	<p>26</p> <p>9:00 AM Creative Needlepoint/Needle Arts (SDCCC) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:30 AM Birthday Celebration (CC-A&B)</p> <p>12:00 PM Lunch (CC-A&B)</p> <p>Deli Day</p>	<p>FRI 27</p> <p>1:00 PM Bowling League (FL)</p> <hr/> <p>SAT 28</p>

AUGUST

LEGEND

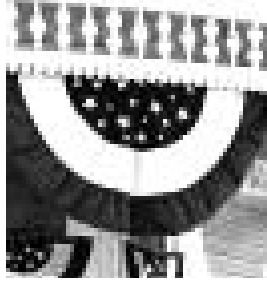

SUN

MON

TUE

SEPT

CH City Hall 25550 Commercentre Dr. 949.461.3400
CC Community Center 25550 Commercentre Dr. 949.461.3450
CC-A Community Center Room A
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FL Forest Lanes 22771 Centre Drive 949.770.0055
SDCCC Santiago de Compostela Community Center 21682 Lake Forest Dr. 949.951.8599
S&S Club Sun & Sail Club 24752 Toledo Way 949.586.0860
IVC Irvine Valley College 23308 Cherry Ave. 949.451.5555

5	6	7
	 LABOR DAY CITY HALL AND SENIOR CLUBHOUSE CLOSED	10:30 AM Bagels & Bingo (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)
		Cold Box Lunch
12	13	14
GRAND PARENTS DAY 	10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:00 AM Bingo Mania (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM "Wii" Bowling League (CC-B) 1:00 PM Advanced Creative Writing (ETL)	10:00 AM HiCap Appointments 10:00 AM Mini Excursion – OC Sheriff's Harbor Patrol Tour 10:00 AM Pilates (S&S Club) 10:30 AM Bocce Ball 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM Dyna Bands Workout (CC-B) 2:00 PM Aquatic Fitness (LFBTC)
	Cold Box Lunch	Cold Box Lunch
19	20	21
	10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Name That Tune (CC-A) 10:30 AM Mahjong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM "Wii" Bowling League (CC-B) 1:00 PM Advanced Creative Writing (ETL)	10:00 AM Pilates (S&S Club) 11:00 AM Crafts – Note Pads (CC-AR) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM Dyna Bands Workout (CC-B) 2:00 PM Aquatic Fitness (LFBTC)
	Cold Box Lunch	Cold Box Lunch
26	27	28
	10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM "Wii" Bowling League (CC-B) 1:00 PM Advanced Creative Writing (ETL)	10:00 AM Pilates (S&S Club) 10:30 AM Rummikub Tournament (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM Dyna Bands Workout (CC-B) 2:00 PM Aquatic Fitness (LFBTC)
	Cold Box Lunch	Cold Box Lunch

WED	THU	FRI / SAT
<p>1</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:30 AM Chat with Pat 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:00 PM Mini Excursion Registration (CC-A)</p> <p>Cold Box Lunch</p>	<p>2</p> <p>9:00 AM Creative Needlepoint/Needle Arts (SDCCC) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B)</p> <p>12:00 PM Lunch (CC-A&B)</p> <p>Hamburgers</p>	<p>FRI 3</p> <p>1:00 PM Bowling League (FL)</p> <p>City Hall Closed</p> <hr/> <p>SAT 4</p>
<p>8</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bocce Ball 10:30 AM Mahjong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM Nacho Day</p> <p>Cold Box Lunch</p>	<p>9</p> <p>9:00 AM Creative Needlepoint/Needle Arts (SDCCC) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B)</p> <p>12:00 PM Lunch (CC-A&B)</p> <p>Italian Day</p>	<p>FRI 10</p> <p>1:00 PM Bowling League (FL)</p> <p>7:00 PM Bunco or Bust (CC)</p> <hr/> <p>SAT 11</p>
<p>15</p> <p>9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:00 AM Movie Day – I Hate Valentine's Day (CC-L) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>1:00 PM Yoga with Fleur (CC-B)</p> <p>Cold Box Lunch</p>	<p>16</p> <p>SPORTS DAY</p> <p>9:00 AM Creative Needlepoint/Needle Arts (SDCCC) 10:00 AM Book Discussion – Crashing Through (CC-EI Toro Room) 10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Hot Dogs and Salad</p>	<p>FRI 17</p> <p>1:00 PM Bowling League (FL)</p> <p>City Hall Closed</p> <hr/> <p>SAT 18</p>
<p>22</p> <p>9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mini Excursion – Old Orange County Courthouse 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 10:30 AM Scrabble (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>1:00 PM Yoga with Fleur (CC-B)</p> <p>Cold Box Lunch</p>	<p>23</p> <p>FIRST DAY OF AUTUMN</p> <p>9:00 AM Creative Needlepoint/Needle Arts (SDCCC) 10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:15 AM Seminar – Down with Falls (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Chinese Feast</p>	<p>FRI 24</p> <p>8:00 AM Mammogram Testing (CC-B)</p> <p>8:30 AM AARP Driver Safety Course (CC-A)</p> <p>1:00 PM Bowling League (FL)</p> <hr/> <p>SAT 25</p> <p>8:30 AM AARP Driver Safety Course (CC-A)</p>
<p>29</p> <p>9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:00 AM Movie Day – Invictus (CC-L) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>1:00 PM Yoga with Fleur (CC-B)</p> <p>Cold Box Lunch</p>	<p>30</p> <p>9:00 AM Creative Needlepoint/Needle Arts (SDCCC) 10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:30 AM Birthday Celebration (CC-A&B)</p> <p>12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Chicken Strips</p>	

GOOD STUFF COMING YOUR WAY

For further information call 461-3450 or visit the City's website at www.lakeforestca.gov.

HOT! HOT! HOT!

During the summer months (July through September) the Senior Scene Clubhouse will remain open until 4:00 PM on days of extreme heat (over 90 degrees).

**Remember...
stay hydrated
at all times!**



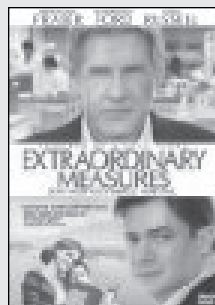
MEDICARE'S ANNUAL OPEN ENROLLMENT NOVEMBER 15 TO DECEMBER 31

The next general open enrollment starts on November 15, 2010. During this time, people with Medicare can add, drop, or change their prescription drug coverage. You can also select a health plan for your 2011 coverage. Visit the official Medicare website at www.medicare.gov or call 461-3408 and make an appointment with a HICAP counselor.

AARP DRIVER SAFETY COURSE
Friday/Saturday, July 9 & 10 or
Friday/Saturday, September 24 & 25
8:30 AM-12:30 PM
\$12.00 AARP Members
\$14.00 Non-Members

Save on auto insurance and help maintain your mobility and independence.

July



Extraordinary Measures

(PG) • July 14

Inspired by an incredible true story, the CBS Films docudrama portrays one father's desperate quest to save his children from succumbing to a rare life-threatening genetic disorder. Working-class father John Crowley (Brendan Fraser) is finally on the fast track to corporate success when his two young children are diagnosed with a deadly disease which has no cure. With the support of his wife, John ditches his career and teams with unconventional specialist Dr. Robert Stonehill (Harrison Ford) to found a bio-tech company and develop a cure in time to save the lives of his children.



All About Steve (PG) • July 28

Despite the fact that she has only gone on one short date with the man, a love-struck puzzle creator (Sandra Bullock) becomes enamored with a successful CNN cameraman and follows him to a series of media events in hopes that the feeling is mutual. While she is saddened to discover that it is not, she soon becomes involved with a group of misfits who selflessly accept her at face value.

MOVIE DAYS

Wednesdays • 11:00 AM • Lounge

August



Did You Hear About The Morgans?

(PG-13) • August 11

Meryl and Paul Morgan (Sarah Jessica Parker and Hugh Grant) have all the money a couple could want – it's love they're running short on. Upon witnessing a contract killing and being targeted by the triggerman, a bickering New York couple find themselves at the mercy of the feds, who hastily send them packing for an extended stay in the Rockies. Could a peaceful life away from the city be just the thing to bring Meryl and Paul back together or drive them further apart?



It's Complicated

(R) • August 25

Jane (Meryl Streep) has been divorced from Jake (Alec Baldwin) for a decade. The mother of three grown children, she owns a successful bakery/restaurant and maintains a friendly relationship with Jake, who has since been remarried. Jane and Jake are attending their son's college graduation when they agree to an innocent meal together. Before long a simple dinner date has erupted into an all-out affair.

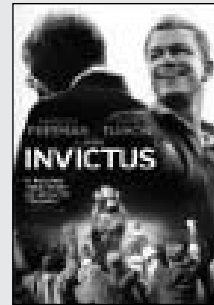
September



I Hate Valentine's Day

(PG-13) • Sep 15

My Big Fat Greek Wedding co-stars Nia Vardalos (Genevieve) and John Corbett (Greg) re-team for this romantic comedy about a carefree florist who falls for a charming restaurateur. Genevieve loves romance, though she lives by a strict "five dates" rule. At the end of the fifth date, she typically calls the relationship off. So far, this method has worked like a charm, but when Genevieve meets Greg, everything changes. At the end of their fifth date, Genevieve wants more. If she could only break from tradition long enough to realize she's fallen in love.



Invictus

(PG-13) • Sep 29

The film tells the inspiring true story of how Nelson Mandela joined forces with the captain of South Africa's rugby team to help unite their country. Newly elected President Mandela knows his nation remains racially and economically divided in the wake of apartheid. Believing he can bring his people together through the universal language of sport, Mandela rallies South Africa's rugby team as they make their historic run to the 1995 Rugby World Cup Championship match.

SENIOR BOX LUNCH PROGRAM

The Senior Box Lunch Program offers a sandwich or salad, fruit or veggie, milk, and dessert.

A \$4.00 suggested donation per meal is requested.

Lunches are available at 11:30 AM Monday through Wednesday. Menus will be posted at the Senior Scene Clubhouse on a monthly basis.



NEED TO KNOW NUMBERS!

AARP	888-687-2277
Age Well Senior Services <i>Formerly South County Senior Services</i>	855-8033
Caregiving Resource Directory	888-721-9797
City of Lake Forest City Hall	461-3400
Council on Aging	714-479-0107
Disabled Housing Information	714-567-7500
Elder/Disabled Adult Abuse	800-451-5155
HiCap Services	800-434-0222
Human Services Information	2-1-1
Irvine Valley College/Emeritus	451-5555
Meals on Wheels	855-8033
Medicare Fraud Hotline	800-447-8477
OCTA (Transportation)	714-213-1200
Office on Aging	800-510-2020
Orange Caregiver Resource Center	800-543-8312

TRANSPORTATION

The City of Lake Forest offers door-to-door transportation service to Lake Forest Seniors participating in the Senior Scene Clubhouse activities Monday through Thursday.

- Reservations and cancellations – call 855-9766 at least 24 hours in advance.
- Costs are 50 cents per trip.

For additional transportation, contact OCTA ACCESS.

- Call ACCESS (an OCTA service) at 1-877-628-2232 at least 24 hours in advance.
- OCTA has a formal certification process that follows ADA guidelines. To request an application, please **call the ACCESS Eligibility Office at 714-560-5956** or download the application from the OCTA website: **www.octa.net/access_service**

HiCAP APPOINTMENTS

Call 461-3408 for appointments. Second Tuesday of each month.

CELL PHONES FOR LIFE

FREE emergency cell phones for elderly and disabled individuals. The cell phones can only be used to call 911. Pick up your cell phone and battery Monday through Thursday from 10:00 AM-2:00 PM at Lake Forest City Hall, 25550 Commercentre Dr., Second Floor.

L.F. READING CIRCLE

Thursdays • 10:00 AM • El Toro Room

Please join Janet Swanson and the Lake Forest Senior Reading Circle as they discuss this quarter's book selections. Afterwards, drop by the Senior Scene Clubhouse and enjoy a hot lunch and Bingo.

July



July 15

Plain Truth

by Jodi Picoult
(book provided)

Moving seamlessly from psychological drama to courtroom suspense, *Plain Truth* is a fascinating portrait of Amish life rarely witnessed by those outside the faith.

When a young Amish teen hides a pregnancy, gives birth in secret, and then flatly denies it all when the baby's body is found, urban defense attorney Ellie Hathaway decides to defend her. But she finds herself caught in a clash of cultures with a people whose channels of justice are markedly different from her own... and discovers a place where circumstances are not always what they seem.

August



August 19

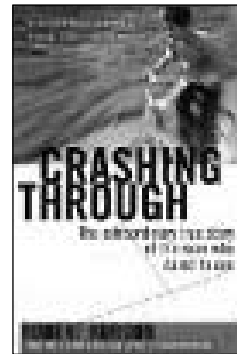
The Help

by Kathryn Stockett

This page turner is set in Jackson, Mississippi during the early 1960s, and is told from three points of view. Skeeter, an educated and prosperous young woman with no real plans for the future, is white. Aibileen and Minny, the titular help who reveal their stories, are black.

Three extraordinary women whose determination to start a movement of their own forever changes a town, and the way women – mothers, daughters, caregivers, friends – view one another.

September



September 16

Crashing Through

by Robert Kurson

Michael May, blinded at age three, lived 42 years of his life without sight. At age 45, May was given the possibility to see again through a revolutionary stem-cell transplant surgery. Before the surgery, May lived a full and rich life without vision; he broke records in downhill skiing, worked for the CIA, and became a successful inventor. After a lifetime of identifying himself as a person who could not see, deciding to undergo the risky and life-altering procedure was not easy for May; the few documented cases of blind people regaining their sight indicate that it is an exciting and dramatic process.



City of Lake Forest Senior Scene
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Lake Forest, CA 92630
949-461-3408

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LAKE FOREST SENIOR PROGRAMS

WHAT'S BEEN HAPPENING?

PJ Day at the Clubhouse



Blast to the Past 50's Dinner Dance



**"Did you say you like
my glasses?"**



Let's twist and shout!



**Staff and friends
"having some kind of fun!"**